



Col. Scott Kelly (left), incoming commander, 3rd BCT, 25th ID, hands the brigade colors to Command Sgt. Maj. Timothy Johnson, senior enlisted adviser, 3rd BCT, 25th ID, signifying he has officially taken command of the Bronco Brigade during a change of command ceremony on Weyand Field, today.

‘Broncos’ welcome new commander

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, welcomed Col. Scott W. Kelly as the new

brigade commander and said farewell to outgoing commander Col. Brian S. Eifler, during a change of command, here, today.

Kelly has held various command and staff positions, to include duty on the Army staff at the Pentagon. He comes to the brigade from the U.S. Army War College in Carlisle, Pa.

In his first address to the brigade, Kelly offered words of inspiration to the Soldiers for the journey ahead.

“The brigade is a very high performance organization. It is already performing at a great level, and I know they will continue on that upward path,” said Kelly.

Outgoing leader Eifler commanded the Bronco Brigade for two years as the 3rd BCT Soldiers deployed on numerous joint training exercises.

“We trained hard, played hard and deployed around the world,” said Eifler.

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65th Eng. redeploys from Afghanistan

TF Bayonet assured ANA operational independence

Story and photo by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command
Public Affairs

WHEELER ARMY AIRFIELD — One hundred and eighty-eight Soldiers from the 65th Engineer Battalion met tears, hugs and kisses from their friends and families, June 20, here, after completing a nine-month deployment to Afghanistan.

The unit formed and led Task Force Bayonet, a multifaceted fighting force consisting of multiple engineer and logistical companies, and an Afghan National Army mentoring team.

The primary focus of TF Bayonet was to partner with ANA engineers and other ministries of the Afghan government and to provide mentorship in engineer operations.

It was directly responsible for ensuring that the ANA was capable of operating as an independent fighting force. TF Bayonet also conducted route clearance ops, assuring mobility for coalition forces and Afghan civilians using various improvised explosive device defeat platforms.

“As I reflect back on this deployment, I am truly amazed by how much this battalion has accomplished,” said Lt. Col. Dave Acker, commander, 65th Eng. Bn. and TF Bayonet.

The Army engineers tracked the battle across three regional commands comprised of more than 150,000 square kilometers of patrolled routes and operational areas.

They managed, conducted and ensured more than 1,200 non-rolling stock items were



Soldiers from the 65th Eng. Bn., 130th Eng. Bde., 8th TSC, are greeted by tears, hugs and kisses from friends and family, Friday, after completing a nine-month deployment to Afghanistan.

returned back into the military inventory, while simultaneously turning in 21 vehicles and more than 80,000 rounds of ammunition from their company alone.

“The Soldiers of Task Force Bayonet have demonstrated their dedication to the mission and ability to remain flexible in the most trying situations,” said Acker.

8th Theater Sustainment Command

8th TSC is the senior Army logistics command in the Pacific, responsible for logistics and supply for land operations throughout the theater, employing 167

different skill sets, with 35 unique capabilities, to include Military Police, Quartermaster, Transportation, Explosive Ordnance Disposal, Army Watercraft, Dive and Engineers.

325th BSB receives Supply Excellence Award

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS —The Supply Support Activity (SSA) of 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division, was presented the U.S. Army-Pacific Chief of Staff Supply Excellence Award (SEA), June 18.

“This award is a big deal in USARPAC. You wouldn’t get his kind of recognition if it was something you gained at the last minute; you have to be good at what you do,” said Maj. Gen. Roger F. Mathews, deputy commander, USARPAC.

The SEA program was originally conceived during the Total Army Worldwide Supply Conference of 1984. Two years later, the first on-site evaluations took place.

The Deputy Chief of Staff for Logistics tasked the U.S. Army Quartermaster School to assist in the research and development of an award program that would recognize supply excellence at the various unit and organizational levels.

In order to win this award, the SSA had be



Capt. Guecheon Theobal (right), commander, Co. A, 325th BSB, accepts the USARPAC Chief of Staff Supply Excellence Award from Maj. Gen. Roger Mathews, deputy commander, USARPAC, June 18.

the best throughout the entire USARPAC region that reaches to Alaska, Korea, Japan and here in Hawaii.

“Winning is fun,” said Chief Warrant Officer 2 Daniel Cadena, accountable officer, SSA, 325th BSB, 3rd BCT, 25th ID. “It is nice to receive the plaque and be recognized as the top SSA in USARPAC, but the knowledge that the Soldiers gain from it is a far better price.”

This award didn’t come overnight, according to the accountable officer. It took long hours and digging in to the regulation and pamphlets that cover what an SSA does.

“The Soldiers had to know what right looked like,” said Cadena.

If anyone knows what right looks like, it’s Cadena. This occasion is the third time an SSA under his watch has received the award. He previously won the award with his warehouse at Fort Hood, Texas.

By winning this award, the SSA competes up the Department of the Army level, in which only two warehouses are chosen. This year, however, the 325th BSB was not chosen to represent the Army.

According to the Cadena, the SSA will be poised to go further during the upcoming competition for the next fiscal year.

Harbormasters return from OEF

545th redeploys after 1,000s of miles, 30 million pounds

Story and photo by
CAPT. JERRY GARNER
524th Combat Sustainment Support Battalion
45th Sust. Brigade, 8th Theater Sust. Command

JOINT BASE PEARL HARBOR-HICKAM — Seagoing Soldiers from the 545th Transportation Harbormaster Detachment, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, returned to their families and friends, here, marking the end of a nine-month mission that carried them to Qatar, Bahrain, United Arab Emirates (UAE), Oman, Saudi Arabia, Jordan and Kuwait.

In support of Operation Enduring Freedom, the detachment primarily provided 24-hour mission command of Army watercraft involved in intra-theater sealift, enabling the delivery of more than 30 million pounds of equipment as it traveled across 90,000 cumulative nautical miles.



Soldiers of the 545th Trans. Harbormaster Det. march home to their families and friends, marking the end of a nine-month mission that carried them to Qatar, Bahrain, United Arab Emirates, Oman, Saudi Arabia, Jordan and Kuwait.

The unit supported various aviation, medical evacuation and “Logistics Over the Shore” exercises, as well as exercises “Deep Blue,” “SHIELD” and “Eager Lion.” It also initiated the

See **545th A-4**

The Army’s “navy”

Army watercraft plays a critical role throughout the world, and Pacific-based elements contribute to operations as far away as the U.S. Central Command’s area of responsibility, including countries in the Middle East, North Africa and Central Asia.



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Police Call

MPs to support garrison’s July 4 celebration

Safety is a top priority

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

The time has come for the U.S. Army Garrison-Hawaii “4th of July Spectacular.”

This year, the event is open to Department of Defense ID cardholders and their guests, which includes service members, their families, military retirees, DOD civilians and their authorized guests.

In order to ensure a safe, secure and fun environment, the Directorate of Emergency Services would like to remind readers of the various policies in place for the event.

For everyone’s safety and security, a 100 percent ID card check is in effect at all installation gates, and all coolers, backpacks and bags are subject to inspection while on Schofield Barracks. These policies are in place for the safety, well-being and security for all event attendees, and the community as a whole. Your cooperation is greatly appreciated.



Jackson

DES would also like to remind readers to secure your vehicles and personal belongings when at Fourth of July activities throughout the duration of the event. During large events, criminals use the large crowds and vehicle availability as an opportunity to exploit unsecured valuables. Please do not leave high-value items unattended in a public area, and always secure your vehicle.

Last year, DES cared for more than 20 unattended children. We ask that parents maintain vigilant accountability of

their children during this event. Field security MPs will maintain an unattended children area, should children become separated from their parents. The field’s Jumbotron will be used to help reunite parents with their keiki.

Ensuring community safety is a top priority for DES. At its peak, attendance last year was more than 43,000, and similar numbers are projected for this year. We ask for your patience while travelling on and off the installation during peak hours, and please follow all directions given by law enforcement personnel as the event concludes.

If, during the event, you notice any

Emergencies
Call 911 for an emergency.
Otherwise, call 655-7114 at Schofield Barracks or 438-7114 at Fort Shafter to contact the Military Police Desk.

suspicious activity or require assistance, please call the MP Station or notify law enforcement on the field.

Together, we can make this year’s event safe, secure and fun!

Prohibited items
The following items are prohibited on Schofield Barracks’ Weyand Field and will be enforced during the 4th of July Spectacular:
•Non-service related pets;
•All open flames or charcoal grills, with the exception of reserved picnic areas;
•Glass containers;
•Distilled spirits; and
•Personal fireworks, including sparklers.
As a reminder, canopies will only be allowed on the field until 4 p.m.

BRIDGING THE BASICS Enforce standards to be effective

MASTER SGT. DALLAS MARTIN C. POCAIGUE
Warrior Transition Battalion

One of the first things I learned as a young Soldier was the significance and importance of rendering a hand salute.

It was, probably, the first time I felt proud to be a Soldier after putting on my battle dress uniform for the very first time, Jan. 5, 2000.

I felt I was part of something great.

In the Warrior Transition Battalion (WTB), it is important that Soldiers in transition have that same feeling.

In order to bridge to the basics, leaders must enforce the standards governed by Army regulations and training manuals. Our job as non-commissioned officers is to teach, coach and mentor our subordinates. We must assess the effectiveness of our teachings in order to achieve the optimal end state.

At the WTB, we’re grouped with

many professionals and outstanding Soldiers from all over the country. Soldiers in transition are here for treatment due to being injured or ill while serving our great nation.

The WTB cadre has learned much from our Soldiers in transition, and we honor their service and sacrifices. It’s unfortunate that many of these outstanding Soldiers were injured.

However, many look on the bright side and accept it as a blessing in disguise.

It’s a tough process, but we bring it back to the very beginning of why they enlisted, what they first learned about being a Soldier that keeps them motivated.

Professionalism is paramount in everything that we do. Here in the WTB, we must pay close attention in what we say or do. It is known that post-traumatic stress disorder plays a huge role in the lives of some, if not most, of our modern-day warriors. The cadre definitely don’t want to say or do

anything that will bring our Soldier back to the place where he or she will feel overwhelmed or uncomfortable in any way.

It’s one of the basics that I learned at Fort Benning, Ga., during basic training. To this day, I thank my drill sergeants for instilling in me this skill.

We must pay attention to our soldierly appearance. It helps show our professionalism and pride in ourselves. Be proud of who you are and what you represent. You’re a Soldier, a professional.

Keep your uniform in serviceable condition, and wear it to regulation and standards. No matter what, all of my Soldiers are presentable, neat and within the Army standards (per Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia).

At all times, no matter what, they should be proud of their Soldierly appearance. It’s the healthy and professional thing to do.

These basics help me, my superiors, my peers and subordinates in the WTB to be successful. *(Editor’s note: Pocaigue works in Operations at WTB.)*



Pocaigue

FAST STEPS in FAITH

Fast of Ramadan is blessed occasion

CHAPLAIN (MAJ.) IBRAHEEM RAHEEM
8th Military Police Brigade
8th Theater Sustainment Command

Ramadan is the ninth month of the Muslim lunar calendar and a momentous occasion for the Muslim community throughout the world.

It is 30 days of fasting, including drinking, from sunrise to sunset.

The beginning of Ramadan 2014 is the evening of June 28, and Eid ul-Fitr (the festival of gaining control over one’s desires) will be on Sunday evening, July 27.

“O you who believe, fasting is prescribed for you as it was prescribed for those before you, that you may (learn) self-restraint” (Qur’an 2:183).

Fasting is a time when Muslims

concentrate on their faith and spend less time with material concerns. It is a time of self-improvement and charitable acts.

At the end of each day, the fast is broken with prayer and a meal called iftar. Following the iftar, it is customary for Muslims to visit with family and friends. The fast is resumed the next morning after a small meal called suhur.

During Ramadan, it is common for Muslims to perform acts of kindness and charity, as well as to participate in itikaf (a retreat) in the Masjid (mosque). During the retreat, Muslims spend time praying and studying the Qur’an.

Also during Ramadan, Muslims recite a special prayer called the Taraweeh prayer. The length of this prayer is usually longer than the daily prayers. It is common for

Muslims to read one thirtieth of the Qur’an each day during the month.

Muslims also celebrate the Laylat-al-Qadr (Night of Power). Muslims believe that on this night, Muhammad first received the revelation of the Holy Qur’an (97:1-5). The specific night of Laylat al-Qadr is unknown, but believed to be within the last 10 nights of Ramadan. Often Muslims retreat in the Masjid during some or all of these days.

One nullifies a day of fasting by losing one’s temper, committing slander or backbiting, telling a lie, acts of greed or covetousness. Although considered offensive at all times, such offenses during fasting are unacceptable.

When the fast ends, Muslims celebrate for three days. This holiday is called Eid-al-Fitr. Muslims exchange gifts with friends and family, gather to pray in congregation, eat together and enjoy recreational activities.



Raheem



“By making sure my family, friends and the beauty of Hawaii are protected from possible harm and complacency. Safety first.”

Capt. Chad Agustin
Warrior Transition office, PRMC



“Protecting my skin is a priority. I wear SPF 50 and a hat on a daily basis.”

Lisa Asato
Executive assistant to the Chief of Staff, PRMC, and deputy commander for administration, TAMC



“I check the weather before participating in water activities.”

Sgt. Kelly Fowler
Operations NCO, Dept. of Nursing, TAMC



“Hydration is key during summer activities for myself and others.”

Staff Sgt. Maurice Riggins
NCOIC, Orthopedic Clinic, TAMC



“I try to stay indoors during the hottest hours of the day.”

Christie Thies
Credential coordinator, Dept. of Nursing, TAMC

Voices of Ohana

June is National Safety Month.

“How do you practice summer safety?”

Photos by Pacific Regional Medical Command Public Affairs



The Canadian submarine HMCS Victoria tethers itself to the logistical support vessel of the 605th Transportation Detachment, 545th Trans. Company, 45th Combat Service Support Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, during a drill with the Royal Canadian Navy, July 9, 2012, during the 2012 Rim of the Pacific exercise.

‘Rim of Pacific’ maritime exercise gets underway

AMERICAN FORCES PRESS SERVICE
News Release

HONOLULU — Twenty-three nations, 47 ships, six submarines, more than 200 aircraft and 25,000 personnel will participate in the biennial Rim of the Pacific (RIMPAC) maritime exercise scheduled June 26 to Aug. 1 in and around the Hawaiian Islands.

The world’s largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.

RIMPAC 2014 is the 24th exercise in the series, which began in 1971.

Brunei and China are slated to participate in RIMPAC for the first time in 2014.

This year’s exercise also includes forces from Australia, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, Peru, South Ko-

rea, the Philippines, Singapore, Thailand, Tonga, the United Kingdom and the United States.

Hosted by U.S. Pacific Fleet, RIMPAC 2014 will be led by Navy Vice Adm. Kenneth Floyd, commander of the U.S. 3rd Fleet, who will serve as the Combined Task Force commander. Royal Australian Navy Rear Adm. Simon Cullen will serve as deputy commander of the CTF, and Japan Maritime Self-Defense Force Rear Adm. Yasuki Nakahata will be the vice commander.

Other key leaders of the multinational force will include Rear Adm. Gilles Couturier of the Royal Canadian Navy, who will command the maritime component, Air Commodore Chris Westwood of the Royal Australian Air Force, who will command the air component, and U.S. Marine Corps Maj. Gen. Richard Simcock, who will lead the land component.

RIMPAC 2014 also will include, for the first time, a special operations component, to be led by U.S. Navy Capt. William Stevens. Also for the first time at RIMPAC this year, two hospital ships,

USNS Mercy and PLA(N) Peace Ark, will participate in the exercise.

This year’s exercise theme is “Capable, Adaptive Partners.” The participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster

relief and maritime security operations to sea control and complex warfighting.

The relevant, realistic training syllabus includes amphibious operations and gunnery, missile, anti-submarine and air defense exercises, as well as counterpiracy, explosive ordnance disposal, and mine clearance, diving and salvage operations.

Army Support

The 8th Theater Sustainment Command has its LSV-2 (163rd Transportation Detachment) involved in long range escort and harbor approach operations with the Navy, and will partner with the 25th Combat Aviation Brigade, 25th Infantry Division, for a casualty evacuation and vertical transload — picking supplies up off one ship and moving it to a ship from another participating nation.

LSV-2 will support the 3rd Marines by

conducting eight surface lifts between Kaneohe Bay and Kawaihae Harbor.

The LSV will also be involved in logistics over the Shore (LOTS) operations, and the 545th Harbormaster Detachment will provide command and control during LOTS operations, which will train and validate the Harbor Master Command Center (HCCC) for employment in a remote and unimproved port for disaster relief operations and validate multiple ship tracking, communications and control capability.

SB Health Clinic welcomes new commander

ANA ALLEN
Pacific Regional Medical Command

SCHOFIELD BARRACKS — Col. Mary Krueger relinquished command of the U.S. Army Health Clinic-Schofield Barracks to Col. Pete Eberhardt in a change of command ceremony, here, June 19.



Col. Pete Eberhardt, incoming commander of SBHC, addresses attendees during the SBHC change of command ceremony, June 19.

“For the past two years, Col. Mary Krueger has distinguished herself through the incredible task of leading this complex organization to the heights of great success recognized and celebrated by senior leaders across the MEDCOM,” said Brig. Gen. Dennis Doyle, commander, Tripler Army Medical Center. “During her time in command, SBHC led the way in growing and marketing the Patient-Centered Medical Home and Soldier-Centered Medical Home organizational structure.”



Photos by Sgt. Graham Sharp, Pacific Regional Medical Command

Brig. Gen. Dennis Doyle (left), commander, PRMC and TAMC, accepts the colors from Col. Mary Krueger, outgoing commander, SBHC, before passing them to Col. Pete Eberhardt (second from left), incoming commander, June 19.

Krueger had garnered support from line leaders for new organizational and cultural practices in military health care, and championed the “System for Health” concept that is critical to maintaining readiness in a smaller and more resource-constrained Army, said Doyle.

Doyle welcomed incoming commander Eberhardt and his family as he assumed responsibility for the command.

“His credentials within the Medical Service Corps

and AMEDD (Army Medical Department) are impressive. From his days as a medevac pilot at the 101st, to his most recent position as G3 at 18th Medical Command, Pete’s depth and breadth of experience in health care postures him for great success,” said Doyle.

USAHC-SB has a critical role of providing daily health care for the warfighters and families in Hawaii, and spearheads the effort to maintain healthy, deployable troops.

Broncos: Eifler to be 25th ID chief of staff

CONTINUED FROM A-1

“To my staff, past and present, thanks for rowing hard every day. Everything you plan and coordinate must be executed by the Soldiers on this field,” said Eifler, expressing his appreciation to the Soldiers who made the brigade better during his time as commander.

“To the Bronco Soldiers on the field, you are our legacy,” Eifler continued. “You are our credentials.”

Eifler isn’t leaving Hawaii anytime soon, as his next assignment is to be the 25th ID chief of staff.

545th: Seagoing Soldiers return

CONTINUED FROM A-1

opening of the United Arab Emirates naval base for operational use by Army watercraft.

“The Soldiers’ professionalism and dedication to their craft wrote another chapter in the history of this outstanding company,” said Lt. Col. James M. Droppleman, commander, 524th CSSB.

During the mission, safety and overall operations depended on the relationship and trust built between the detachment, Kuwaiti port authorities and Kuwait naval forces, leaving a lasting impact and a favorable impres-

sion on the port.

“By establishing close ties to the local ports and local authorities, our Soldiers were able to consistently complete missions on a timely basis with no loss in equipment,” said Sgt. 1st Class Sarah Stone, detachment sergeant. “Our Soldiers completed every mission they were assigned and helped backfill vessels when crews were unavailable.”

Before releasing the Soldiers into the arms of their waiting friends and families, Droppleman said that their courage, character, patriotism and tenacity have once again brought pride to the 524th CSSB, the 45th Sust. Bde. and the 8th TSC.

Changes in leadership

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

All ceremonies take place at 10 a.m. unless otherwise noted and are usually preceded by an awards ceremony.

Leadership changes

• **June 27**, 3rd Brigade Combat Team, 25th Infantry Division. Col. Scott W. Kelly will assume command from Col. Brian S. Eifler at Weyand Field, Schofield Barracks.

• **June 27**, 94th Army Air and Missile Defense Command. Col. Eric L. Sanchez assumes command from Brig. Gen. Daniel L. Karbler at Fort Shafter’s Palm Circle at 1 p.m.

• **July 8**, 311th Signal Command (Theater). Command Sgt. Maj. Darris Curry will accept responsibility from Command Sgt. Maj. Allen Braswell at Palm Circle, Fort Shafter.

• **July 10**, 500th Military Intelligence Brigade. Col. William J. Mangan will relinquish command to Col. Patrick J. Wempes at Weyand Field, Schofield Barracks.

• **July 17**, U.S. Army Corps of Engineers-Honolulu District. Lt. Col. Christopher Crary will assume command from Lt. Col. Thomas D. Asbery at Fort Shafter’s Palm Circle.

• **July 18**, U.S. Army Corps of Engineers-Pacific Ocean Division. Col. Jeffrey L. Milhorn will assume command from Maj. Gen. Richard L. Stevens at Fort Shafter’s Palm Circle.

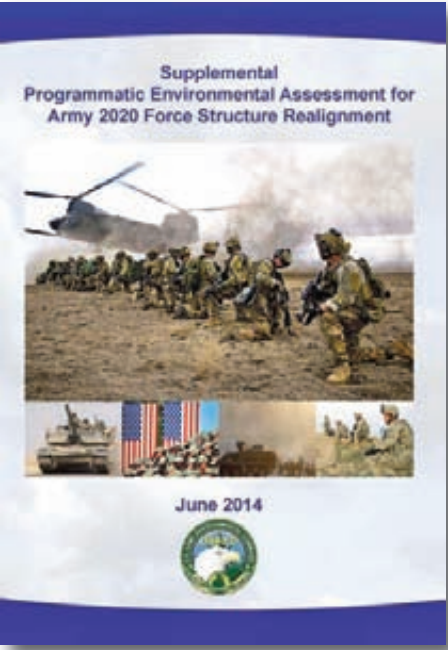
(Editor’s note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)

Public invited to comment on environmental impact

U.S. ARMY ENVIRONMENTAL COMMAND Public Affairs

JOINT BASE SAN ANTONIO — The Department of the Army has completed a Supplemental Programmatic Environmental Assessment (SPEA) for Army 2020 force structure realignment and is making a draft Finding of No Significant Impact (FNSI) available for public comment.

All interested members of the public, federally-recognized Indian or Alaska Native tribes, Native Hawaiian groups, federal, state and local agencies are invited to review and provide comments.



Comments will be accepted until Aug. 25. Please submit written comments to U.S. Army Environmental Command; ATTN: SPEA Public Comments; 2450 Connell Road (Building 2264); Joint Base San Antonio-Fort Sam Houston, TX 78234-7664. Or, submit an email to usarmy.jbsa.aec.nepa@mail.mil.

Also, approximately one week after publication of the Notice of Availability in the Federal Register by the Army, copies of the SPEA and draft FNSI will be available in Oahu public libraries near the affected installations.

The draft FNSI incorporates the SPEA, which does not identify any significant environmental impacts from the proposed action, with the exception of socioeconomic impacts at most installations. The draft FNSI concludes that preparation of an Environmental Impact Statement (EIS) is not required.

Final decisions as to which installations will be selected for reductions in Soldiers and Army civilians have not yet been made. The SPEA's analysis of environmental and socioeconomic impacts will help force structure decision-makers as they identify specific units and organizations to be affected by reductions over the 2015-2020 timeframe.

Following the conclusion of the NEPA process, the Army will conduct community listening sessions to receive public input before making any force structure decisions. This information will assist with the military value analysis. The schedule of the community listening sessions will be announced locally, after the conclusion of the SPEA process.

Current budgetary projections require the Army to analyze the reduction of Active Component end strength to a level below that analyzed

in the January 2013 Programmatic Environmental Assessment (PEA).

The SPEA builds on the foundation of the 2013 PEA and assesses the impacts of a potential reduction of an additional 70,000 Soldiers and associated reductions in Army civilians, down to an Active Component end-strength of 420,000. These reductions are necessary to achieve the savings required by the Budget Control Act of 2011.

Nearly all Army installations will be affected in some way by additional reductions. The 2013 PEA evaluated 21 Army installations and joint bases where Army stationing changes could lead to Brigade Combat Team (BCT) restructuring, the loss of a BCT through force drawdown, or a combined loss of 1,000 or more Soldiers and Army civilian employees during the fiscal year 2013-2020 timeframe.

With the deeper reductions now anticipated, the Army must consider additional installations that have the potential to lose 1,000 or more Army employees. The potential loss of 1,000 Army employees was determined to be the appropriate threshold for inclusion of installations at the programmatic level of analysis. Installations that could experience reductions of 1,000 or more Army employees were specifically analyzed in the SPEA.

In both the 2013 PEA and the SPEA, each document's respective reduction alternative analyzed potential reductions at 21 locations, including U.S. Army Garrison-Hawaii Schofield Barracks. The SPEA also analyzed potential reductions at nine additional installations, including USAG-Hawaii Fort Shafter.

The SPEA provides an assessment of the possible direct, indirect and cumulative environ-

Public Libraries

The following public libraries will have copies of the SPEA and draft FNSI.

- Hawaii State Library, 478 South King St., Honolulu;
- Mililani Public Library, 94-450 Makaimoimo St., Mililani;
- Kalihi-Palama Public Library, 1325 Kalihi St., Honolulu;
- Salt Lake-Moanalua Public Library, 3225 Salt Lake Blvd., Honolulu; and
- Wahiawa Public Library, 820 California Ave., Wahiawa.

SPEA/FNSI Review

The SPEA and draft FNSI may be accessed at <http://aec.army.mil/Services/Support/NEPA/Documents.aspx>.



mental and socioeconomic impacts of the greatest Army employee reductions being considered at each installation. The SPEA does not identify any significant environmental impacts as a result of implementing the proposed action, with the exception of socioeconomic impacts at most installations; consequently, the preparation of an environmental impact statement is not required.

For further information, please contact the U.S. Army Environmental Command Public Affairs Office at (210) 466-1590 or toll-free 855-846-3940, or email usarmy.jbsa.aec.nepa@mail.mil. *(Editor's note: For a complete list of installations under consideration, visit www.hawaiiarmyweekly.com.)*



Amy Nowak, 599th Trans. Bde. SHARP victim advocate, arranges a display table for Sexual Assault Awareness Month in the 599th headquarters building, April 1.

599th embraces SHARP goals

Story and photo by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — The 599th Transportation Brigade now has a full-time sexual assault response coordinator (SARC) and a Sexual Harassment/Assault Response Program (SHARP) victim advocate (VA).

"I want to make the 599th program the model for all of the Surface Deployment and Distribution Command," said Sgt. 1st Class Eric Pettengill, SARC, 599th Trans. Bde.

"Even though the battalions are located throughout the Pacific, it is the commander's intent to provide confidential care, support and advocacy for victims of sexual assault, while simultaneously promoting awareness and prevention programs through education throughout the entire brigade," said the 599th senior enlisted leader, Command Sgt. Maj. Claudia Shakespeare.

Pettengill realizes the brigade has a special set of challenges because it's one of the few headquarters in Hawaii with all of its battalions and detachments scattered across the Pacific.

"There's a lot of ground to cover to make sure our battalions get all of their training. We also have to deal with the area SARCs in the Pacific, so that they know to cover down if something happens out there. We have to make sure we have a good liaison with them," Pettengill said.

Amy Nowak, 599th VA, agreed.

"Sgt. 1st Class Pettengill or I plan to go out to the battalions in September when we have the brigade inspection program," she said. "In the meantime, we communicate with a lot of emailing and telephone calls. In the battalions, being a victim advocate is an additional duty, so I know that they have their regular job, plus they are being tasked for reports from their local garrisons, as well as from us."

Nowak said her previous experience working with the Missouri Department of Health and Senior Services gave her insight into working with government bureaucracies.

"Whether a job is state or federal, first you have to understand that policy guides everything, and that everything you do involves other agencies, whether state or federal," Nowak said.

Staff Sgt. Tiffany Dixon was the brigade's sole VA as an additional duty before Nowak arrived. She still has the additional duty, but is now relieved of many of the obligations. Dixon

believes that early education is the key to cultural change.

"Schools need to have people come and educate the kids, because that's where it starts — in schools," Dixon said. "We need to educate them through elementary school, through teenagers to adults."

Dixon said the most interesting part of the position is learning about the cases.

"It has been amazing to me to read about how many cases are out there with people being sexually harassed and sexually assaulted. We have to change our whole culture in the work area to make a difference with this," she said.

SHARP personnel must align with other units in the command and be aware of local incidents and policies. To ensure good communication, a representative from the 599th attends monthly meetings with U.S. Army Garrison-Hawaii and video teleconferences with U.S. Army-Pacific.

If the phone rings with an assault or harassment complaint, it becomes the first priority for a SARC or VA.

"So far, we haven't had any sexual harassment or assault complaints at all," Nowak said. "We serve as an objective person to listen to complaints, if they come up, and give options according to AR 600-20 (command policy for Equal Opportunity and SHARP). Then we follow through."

"We're very small and we don't fit the demographic, but that doesn't mean that problems of sexual harassment and sexual assault can't happen here. Just like everywhere else, it all comes down to respect. If people continue to treat each other with respect, the problems will remain nonexistent," Nowak said.

SHARP

A victim's advocate/SHARP specialist provides essential support and care to victims, providing non-clinical information on available reporting options, unit transfer options and procedures, and resources to assist victims in making informed decisions as they progress through resolution and healing. The VA/SHARP specialist maintains communications and contact with victims, as needed, for continued victim support.

Customer service explained

LT. GEN. DAVID HALVERSON

Commander, U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management

SAN ANTONIO — Let's talk about customer service.

It is about the Golden Rule — "Do unto others as you would have them do unto you," and you must love Soldiers and families.

Members of the Installation Management Command must understand their role in delivering customer service to Soldiers, Army civilians, wounded warriors, retirees and their families and survivors.

The IMCOM team builds a ready and resilient Army. We take care of people and make them self-reliant.

Soldiers, family members, Army civilians, wounded warriors, retirees and survivors depend on the Army and the IMCOM team to enable them through installation services. Soldiers are committed to the Army profession and expect others in the Army to be as passionate about the mission as they are.

The Army has made a promise to champion Soldiers, civilians and families. Everyone on

the installation management team helps fulfill this promise and delivers to standards.

As the commander of IMCOM and the Army's assistant chief of staff for Installation



Halverson

Management, I want to ensure we set the example and that we deliver installation services to established standards.

Installations provide the structure, the foundation, the platform of readiness and resilience. We support the Army. Therefore, we serve people. We are "The Army's Home."

The Army is about people. As Gen. Ray Odierno, Army Chief of Staff, says, "The strength of the na-

tion is the Army. The strength of the Army is the Soldier. The strength of the Soldier is the family. That's what makes us Army Strong!"

We make the Army strong. Being the Army's home means striving to provide the utmost in customer service to Soldiers, family members, Army civilians, veterans and survivors of the fallen — the entire Army community.

You're also part of the Army community. *(Editor's note: read more about how IMCOM has developed a culture of respect at www.HawaiiArmyWeekly.com.)*



Schofield Barracks
TRAINING CENTER
COMPREHENSIVE SOLDIER AND FAMILY FITNESS

ACR technique helps build resilience

ERIC SCHRAGER

U.S. Army Health Clinic, Schofield Barracks

If resilience had a tag line, it would be "other people matter."

We can only make it so far on our own.

Two skills that can be used to enhance and build this connection with those we value are "effective praise" and "active constructing responding."

Effective Praise

We are usually very quick to let those in our lives know when they have made a mistake. We not only will point out their mistakes, but we'll name the exact process, time line and skills it took to cause such a blunder.

This practice is not done out of spite. We want those we value to perform better, and effective criticism is our way of getting that message across.

But what happens when those we value perform well? How do we respond when individuals master a skill or showcase their talent? That's where effective praise comes in.

Much like our thorough process of criticizing, when we effectively praise successes, we name the specific strategy, effort or skill that led to that successful outcome. This practice accomplishes a number of things.

First, effective praise will enable winning streaks. The next time that individual approaches a task, he can do so with the confidence built from previous successes. Effective praise also demonstrates to that individual that you were actually watching.

Active Constructive Responding

ACR is all about understanding the way we respond to people when they bring us good news.

Research has uncovered four distinct styles

of responding, with only one leading to stronger relationships. The other three styles won't necessarily ruin a relationship the first time they're employed, but over time, may chip away at that bond until the connection is severed.

The four styles of responding are passive constructive, passive destructive, active destructive and active constructive. A good news example is being told by a friend that his sister is pregnant, and he'll be an uncle for the first time.

•**Passive constructive:** "Oh, that's nice. Good for you."

•**Passive destructive:** "I actually just found out that my sister is having twins. It is really exciting; it's going to be my parents' 5th and 6th grandchild. They sure are getting used to it by now. Let me show you a picture of my nephew."

•**Active destructive:** "Aren't you a little worried about your sister's health? I mean these days all the complications that come with pregnancy and the possibilities for something to go wrong must be so scary for not just you, but your entire family as well, right?"

•**Active constructive:** "Oh, excellent. That's got to be exciting for you. Do they know if it's a boy or girl yet? Do you know the due date yet? I am sure you are excited to be an uncle and spoil the little guy or girl."

Think about how someone would feel after being responded to with the first three styles. Feelings of anger, confusion, embarrassment, and being misunderstood could be experienced.

How would you respond?

Resilience

For more information about this and other CSF2 skills, contact your unit Master Resilience Trainer or call the CSF2 Training Center at 655-9804.

AH-64E Apache Guardians deploy to HI for RIMPAC

Story and photo by
SGT. JESSICA DUVERNAY
25th Combat Aviation Brigade
Public Affairs, 25th Infantry Division

PEARL HARBOR — Eight Army AH-64E Apache Guardians with 1st Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, arrived here, June 17, for a two-month deployment, marking the first time Apache aircraft have been to the state of Hawaii.

The aircraft and approximately 40 Apache pilots and maintainers, who deployed out of Fort Carson, Colo., are scheduled to conduct joint and unit training in multifunctional operations to include the Navy’s 2014 Rim of the Pacific exercise, the world’s largest international maritime exercise.

To celebrate the arrival of the Apache Guardian, the Pacific Aviation Museum Pearl Harbor hosted an Apache welcoming celebration, June 20, on Ford Island.

Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, was the guest speaker at the event where Kahu Kordell Kekoa performed a traditional Hawaiian blessing on the aircraft.



Gen. Vincent Brooks, commander, USARPAC, talks about the importance of the AH-64E Apache Guardian’s presence in Hawaii at the welcome and blessing ceremony, Friday. This aircraft, assigned to 1-25th Avn. Regt., 25th CAB, 25th ID, began its two-month deployment on the island earlier this week.

“We’re here to commemorate the arrival of the first AH-64E, which is the most modern version of the Apache helicopter coming to Hawaii,” said Brooks. “It’s been a tradition to do that for aircraft that come to Hawaii for the first time, and it was particularly significant today because this is where the Army had its first footprint.”

Pilots and leaders were present to answer questions and explain the Apache’s role in upcoming exercises.

“The overall goal is to show 25th CAB’s capabilities with all of the aircraft that are part of 25th CAB,” said Capt. Nathan Peper, commander, Company A, 1-25th Avn. Regt. “We are going to integrate our aircraft into everything we are trying to do in the Pacific area of responsibility.”

Following RIMPAC, the Apache unit will also participate in Tiger Balm 2014, an exercise in Hawaii that will strengthen the partnership between U.S. and Singapore armies and enhance interoperability.

“For us to now have the most advanced Army attack helicopter brought here and to be honored here brings it full closure,” said Brooks. “So that’s the significance of today, Army aviation, a long history and still going, with the most modern capability being brought forward.”

After the deployment in Hawaii, some of the aircraft will move further into the Pacific to take part in the inaugural Pacific Pathway that will be conducted later in the year.

Triple amputee earns master rating

STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — In April 2012, Staff Sgt. Chris Walker, a former team leader with the 706th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 8th Theater Sustainment Command, was hit with an improvised explosive device during a post blast investigation while deployed to Afghanistan.

He was thrown 30 feet by a blast intended to take out armored vehicles.

He lost both arms and his left leg. His facial bones were shattered, his eye muscles had to be reattached and his eardrums were ruptured.

Despite the near-death experience, Walker continued to set the example as a noncommissioned officer.

Now, two years later, top leaders in

the EOD community have recognized Walker’s continuous dedication as they presented him with the Master EOD Badge during a ceremony, June 11, at Walter Reed National Military Medical Center in Bethesda. Md.

It is the only occupational badge awarded across the Department of Defense and reflects the highest rating an EOD service member can receive.

Maj. Gen. Edward F. Dorman III, deputy G4 for the Office of the Deputy Chief of Staff, and Brig. Gen. John F. Haley, chief of Ordnance and Ordnance School commandant, presented the badge to Walker.

“(Walker) has such a phenomenal attitude and outlook on life,” said Dorman. He truly is an amazing, impressive and resilient Soldier.”

As an EOD team leader, it was Walker’s job to lead in the identification

and safe disposal of conventional ordnance and IEDs; assist in the protection of coalition forces and civilians from the effects of explosive hazards; act as the subject matter expert for all explosive hazards and counter-IED tools; and, most importantly, protect the lives of his fellow team members.

Walker’s impacting the troops at Walter Reed with his positive attitude and energy. Approaching his 11th year of service, Walker intends to continue his life in the Army.

“Being injured is not the end of your life,” Walker explained. “You just have to keep trying. If you don’t try, it’s not going to get better.”

Dorman praised Walker’s abilities and the goals he’s set for himself.

“He has plans and I have no doubt he will accomplish anything he sets his mind to,” said Dorman.



Courtesy photo

BETHESDA, Md. — Staff Sgt. Chris Walker, a former team leader with the 706th EOD Co., poses with Maj. Gen. Edward Dorman III (left), deputy G4 for the Office of the Deputy Chief of Staff, and Brig. Gen. John Haley, Chief of Ordnance and Ordnance School commandant, after being presented the Master EOD Badge at Walter Reed National Military Medical Center, June 11.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Sure Shots – Soldiers from the U.S. Army Marksmanship Unit gave the Army both the individual and team championships at the 55th Interservice Pistol Championships. USAMU Blue won the overall team championship for the ninth consecutive year, while Staff Sgt. Patrick Franks claimed his first overall individual championship.

Besides the Army and Army Reserve shooters, competitors from the Marine Corps, Air Force, Navy and National Guard participated in the annual competition. Competitors shot matches with .22-caliber, .45-cal., center fire and service pistols, ensuring proficiency in a broad array of pistols and enabling the competition to crown the best of the best.

The USAMU pistol team turns its focus to the National Pistol Championships at Camp Perry, Ohio, next month. Next up in the Interservice Match Series is the Interservice Rifle Championship, scheduled July 5-13, at Marine Corps Base Quantico.

PTSD — June 27 is Post Traumatic Stress Disorder Awareness Day. PTSD is common and treatable. Take a self-assessment at www.MindBodyStrength.org.

Finance Closed — The 125th Financial Management Support Unit, 45th Special Troops Battalion, 8th Theater Sustainment Command, is closed today and re-opening Monday, June 30.

28 / Saturday

School Physicals — Tripler Family Medicine Clinic is pleased to offer Saturday school and sports physicals and immunization clinics, 8 a.m. to 1 p.m., June 28, July 19 & 26. Walk-ins are accepted until noon.

Beat the rush and avoid the lines by taking advantage of Saturday clinics. Open to Tripler Family Medicine Clinic enrollees ages 4-18 years only. Bring military ID and immunization records. Call 433-2778 to schedule an appointment.

TSP — Due to scheduled system maintenance, some portions of the “My Account” section of the Thrift Savings Pro-

gram website may not be available, 4 p.m. until 2 a.m., Sunday. Also, there will be daily routine system maintenance and backups, 6-10 p.m., which may cause slower than normal transaction response times. Times listed are local.

July 4 / Friday

Closed Gym — The Schofield Barracks Health and Fitness Center will be closed July 4-5 for maintenance and will re-open, 6 a.m., July 7. Martinez Physical Fitness Center will be open on both days.

10 / Thursday

Exercise! — U.S. Army Garrison, Hawaii will conduct a full-scale exercise, July 10, on Schofield’s East Range, and Wheeler Army Airfield, July 11. The exercise will test first responders and the Emergency Operations Center in real-world emergency scenarios. The Wheeler and East Range communities can expect temporary road closures, emergency announcements on the mass notification systems, and fire engines/ambulances on the roadways.

14 / Monday

Safety is No Accident — U.S. Army Medical Command conducts a three-day Safety and Health Management System Course at Schofield’s Bldg. 3004, 1554 Lyman Road. This training provides an overview of MEDCOM’s implementation of a safety management system (SMS) based on OSHA’s Voluntary Protection Program criteria. It includes information that will be necessary to understand within the Army as the Army begins deployment of its Safety and Health Management System in October.

The course will also provide information on the successes and opportunities for improvement that MEDCOM has faced. Some of the classes include trend analysis, OSHA recordkeeping and SMS criteria. Class size is limited. Call 655-4243/4245.

August 4 / Monday

Community Information Exchange — Garrison directors and key service providers give monthly information briefs on upcoming events of community interest, 10 a.m., Aug. 4, at the Nehelani, for Oahu North, and 10 a.m., Aug. 6 at Hale Ikena for Oahu South. This new forum replaces the Spouse Information Meeting and is open to all who wish to attend.



Today

Speed Bumps — Schofield Barracks’ intersections on Leilehua at McAndrews, Kline and Gordon roads are no longer three-way stops. Speed humps/tables were installed on Leilehua to curtail speeding.



H-1 Full Closure — The eastbound H-1 Freeway, Likelike Highway to Ward Avenue, will be fully closed from midnight until 8 a.m., Saturday, and 12-8 a.m., Sunday, June 29. During this time, all westbound lanes will remain open.

June 29, full closures continue in the westbound direction starting at 8 p.m. Eastbound lanes will have partial closures starting at 8 p.m.

Motorists are advised that the southbound Kalihi Street ramps will be closed, 7 a.m.-1 p.m., Sunday. The westbound on-ramp to the H-1 Freeway will remain open. In addition, Kalihi Street northbound between King and School streets will be closed from 1 p.m. until 3 p.m. The on-ramp to the H1 Freeway eastbound will remain open.

H-1 Freeway Rehabilitation Project lane closure information and alternate route maps are available at H1Rehab.com.

Kam Hwy. — Monday, HDOT Highways Division launched the Kamehameha

Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) advisories. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

Highway Resurfacing Project with a groundbreaking ceremony.

This major project will provide a safe and smooth driving route for Central Oahu motorists by repairing 13.7 lane miles of roadway on Kamehameha Highway from Ka Uka Boulevard in Waipio

duct lines on Fort Shafter’s Takata Field. The parking lot adjacent to the field will remain closed.

July 1 / Tuesday

Lane of Lyman — One lane will be closed at Schofield’s Lyman Road near Kaiona Avenue, 9 a.m.-2 p.m., until July 8, for paving and installing a concrete curb. Traffic will be stopped for pedestrians to walk around the work area. There will be no work on Independence Day.

3 / Thursday

Bridging the Kahauiki — There will be one lane and short-duration, full closures (approximately three closures, each an hour in length) of Kahauiki Stream Bridge for construction.

Closures of Kahauiki Stream Bridge begin at Funston Road and the bridge, and terminate at Annex Road and the bridge. A detour at Funston Road may be required during periods of peak traffic volume. Traffic will be directed to the recreation fields and back over the Kahauiki Stream Bridge by way of a right turn only:

- 7-9 a.m., one lane open;
- 9-10 a.m., bridge closed to traffic;
- 10-10:30 a.m., one lane open;
- 10:30-11:30 a.m., bridge closed;
- 11:30 a.m.-1 p.m., one lane open;
- 1-2 p.m., bridge closed; and
- 2 p.m., one lane open.

Be advised that crossing Kahauiki Stream Bridge could be delayed by well over one hour! Additionally, the single lane open to traffic between closures may not provide enough flow to grant access to all vehicles trying to cross the bridge.

Single lane closures of Kahauiki Stream Bridge will be through July 14.

30 / Monday

Takata Field — A contractor will be installing telecomm

SUMMER SPECTACULAR

Big acts in store for July 4th celebration

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The stage is set for U.S. Army Garrison-Hawaii's 43rd annual 4th of July Spectacular, to take place, here, next Friday.

Similar to last year, the celebration will only be open to Department of Defense ID cardholders, to include military members, their families, military retirees, DOD civilian employees and their authorized guests.

"About 45,000 (people) attended last year, and we expect the same turnout this year," said Kathy Giannetti, chief, Special Events; Directorate of Family and Morale, Welfare and Recreation; USAG-HI.

Festivities such as pony rides, midway games, rides, crafts, a new products bazaar and food booths once again will grace Desiderio, Weyand and Sills fields throughout the day, beginning at 10 a.m., with a rocking concert and awe-inspiring fireworks display to close out the night.

Adding to the mass appeal of the daylong celebration, this year, is a slew of new attractions for the whole family.

"We try to add a few new activities to the program every year, based on survey input, ICE (Interactive Customer Evaluation) comments and current trends; I also ask patrons (what they'd like to see added) as I walk around the event on the 4th," Giannetti said.

"Last year, we were asked if any of the booths were selling ice, so this year, there will be a Mini PX (post exchange) selling bags of ice in its booth," she added.

There also will be Water Zorb, carriage rides, a surf simulator, archery and three belly-busting food-eating contests, sponsored by the Commissary.

"This year, kendama is a very popular activity with kids of all ages, so we added in a free tournament, as well as lessons, which we think will be a great addition," Giannetti added.

Spaces are limited to 100 competitors per level — Young Beginner (ages 8 and younger), Beginner, Intermediate and Advanced.

Register for the tourney online now (www.himwr.com) or the day of the event, starting at 10 a.m.

Rides and games are all well and good, but the biggest draw for the annual July 4th festival is by far the free concert that takes place on the main stage.

"For the past three years, we have been fortunate to receive installation recycling funds to pay for the main stage entertainment," said Giannetti, who asked that concert-goers lower their

canopies beginning at 4 p.m., so that everyone can see the artists do their thing.

Headlining the list of performers — and the lineup this year is pretty impressive — is alt-rock band Third Eye Blind, known for its chart-topping hits "Semi-Charmed Life," "Jumper," "How's It Going to Be" and "Never Let You Go."

The multi-award-winning band currently is working on its yet-to-be-titled fifth album and is on tour at gigs throughout North America.

Opening for Third Eye Blind will be the 25th Infantry Division specialty band O.N.E. Nation, followed by Hawaiian ukulele powerhouse Willie K.

One of the islands' most versatile talents, "Uncle" Willie K plays from a myriad of musical genres, to include Hawaiian, jazz, blues, reggae, rock, country and even opera, and has performed with musical giants B.B. King, Santana, Willie Nelson, Prince, Bonnie Raitt, Jimmy Buffet, Steven Tyler and more.

Also entertaining attendees throughout the day, beginning at 10 a.m. on the DFMWR stage (near the flagpole on Weyand Field), will be live performances by magicians and musical acts, including 2014 Na Hoku Hanohano award-winner Amanda Frazier, Above Reproach, Any Given Chance, Arwy By Design, Ignite the Red and Chaotic 5.

Other attractions not to be missed include a live flag retreat, a patriotic salute by the 25th ID Band and a car giveaway by sponsor Tony Group Autoplex — oh, and those spectacular fireworks that are sure to end the night with a bang.

Tickets will be required this year for games and rides. They can be purchased for \$1 each at the ticket booths located on Desiderio, Sills and Weyand fields.

Food and drink are cash only.

"Check out the DFMWR website for the latest information and schedule of events for the entire day," said Giannetti, who also advised Soldiers and families to walk to the event, rather than drive, if possible.

"Although Schofield Barracks has plenty of parking, departing (for the 4th of July Spectacular) at the same time can be very stressful if you are in a vehicle that doesn't seem to move!" she said.

"We look forward to another highly successful 4th of July Spectacular," Giannetti enthused, "and to providing our Soldiers and their family members a memorable, fun-filled daylong event!"



Schedule of Events

The 4th of July Spectacular begins at 10 a.m. and concludes at 9 p.m. The following is a schedule of the day's festivities.

DESIDERIO FIELD

- 10 a.m.-6 p.m., pony rides and petting zoo
- 10 a.m.-6 p.m., archery
- 10 a.m.-7 p.m., games, Water Zorb, and mechanical bull and surf rides
- 10 a.m.-9 p.m., food booths

SILLS FIELD & TENNIS COURT PARKING LOT

- 10 a.m.-6 p.m., carriage rides
- 10 a.m.-7 p.m., climbing wall
- 10 a.m.-8 p.m., Midway rides

RICHARDSON POOL PARKING LOT

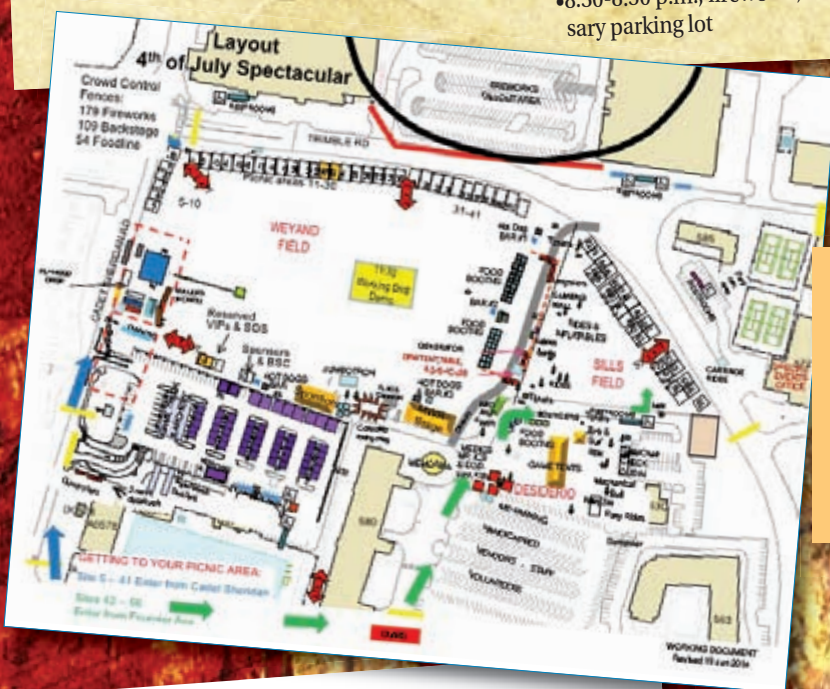
- 10 a.m.-4 p.m., kendama tournament
- 10 a.m.-6 p.m., crafts, Mini PX and New Products Bazaar
- 10 a.m.-6 p.m., water slides, dunk tank, video-game trailer and mini golf
- 11 a.m., DeCA pie-eating contest
- 1:30 p.m., DeCA watermelon-eating contest
- 3:30 p.m., DeCA hot dog-eating contest

WEYAND FIELD

- 10 a.m., information booth open, ATM, lost and found
- 10 a.m.-3 p.m., live performances by Hop Scotch, Shawn G aka "Flippa" of "Hawaii Five-O," 2014 Na Hoku Hanohano award-winner Amanda Frazier, Above Reproach, Any Given Chance, Arwy By Design, Ignite the Red and Chaotic 5, FMWR stage (near the flagpole)
- 10 a.m.-5 p.m., car giveaway sign-up
- 10 a.m.-9 p.m., food booths
- 11:30 a.m., military working dog demonstration

MAIN STAGE

- 3:15 p.m., O.N.E. Nation
- 4 p.m., Willie K
- 5:30 p.m., flag retreat, followed by Third Eye Blind at 5:45 p.m.
- 7 p.m., giveaway of a free car, courtesy of Tony Group Autoplex
- 7:30 p.m., 25th ID band concert of patriotic music, 50-state patriotic salute and "1812 Overture"
- 8:30-8:50 p.m., fireworks, from the Commissary parking lot



Noise Advisory

Residents and visitors on post will hear the cannon rehearsal and performance, 6-10 p.m., July 3, and 7:15-8:30 p.m., July 4.

Safety First

To ensure a safe and happy July 4th for all, the following items are prohibited at the event:

- Glass bottles;
- Distilled spirits/liquor (whiskey, rum, vodka, tequila, etc.);
- Pets;
- Fireworks, including firecrackers and sparklers (Note: Fireworks are prohibited on all military in-

stallations, including Army Hawaii installations, at all times);

- Charcoal/open-flame grills, unless they are in a designated picnic area that is reserved through DFMWR.

DFMWR will showcase its recycling and sustainability programs on post and is asking attendees to pitch in and dispose of their opala (rubbish) in the proper manner.

July 4th Activities

The 43rd annual 4th of July Spectacular kicks off at 10 a.m. Call the Special Events office at 655-0002 or 655-0113.

Stay up to date with the latest announcements as they are provided at www.himwr.com.

EGRESS PLAN 4TH OF JULY SPECTACULAR



Traffic Advisory

DOD ID cardholders and their authorized guests can access USAG-HI's 43rd annual 4th of July Spectacular via Foote, Lyman, McNair and Macomb gates.

The following gate hours will be in effect for the event:

- Macomb and Foote gates will be open to inbound and outbound traffic, 5 a.m.-8 p.m.; open to outbound traffic only, 8 p.m.-midnight; and closed to all traffic beginning at midnight.

- McNair Gate will be open to inbound and outbound traffic until 8 p.m.; it will be open to outbound traffic only, 8 p.m.-midnight, and re-open to inbound traffic beginning at midnight.

- Lyman Gate will have normal operating hours, with normal traffic patterns.

Additionally, the following roads will be closed, 8 p.m.-midnight:

- Ayres Avenue, from McMahon Road to McCormack Road;
- Waianae Avenue, from McCormack Road to Ayres Road;
- Leilehua Avenue, from McCormack Road to Macomb Road (open to residents only); and
- Flagler Avenue, from Lyman Road to Foote Avenue.

There will be one-way traffic on both lanes of McCormack Road from Cadet Sheridan Road to McNair Gate, 8 p.m.-midnight. North Shore traffic will travel

in the left lane; Honolulu traffic, in the right lane.

Vehicles exiting Foote Gate, 8 p.m.-midnight, must turn left; those exiting Macomb Gate, 8 p.m.-midnight, must turn right.

As a reminder, drivers and all passengers age 16 and older are required to show a valid state or federal ID at the gates. All drivers must possess valid vehicle registration and proof of insurance.

All vehicles are subject to search at any time while on the installation. Public parking will be available; however, DFMWR officials ask that spectators walk to the event, if possible, to help ease traffic congestion.



Briefs

Today

Leilehua Concert Series — Na Hoku Hanohano award-winners Ben & Malia perform at The Grill at Leilehua Golf Course, beginning at 6 p.m. No cover charge.

Meet & Greet — Meet UFC heavyweight superstar Travis “Hapa” Browne at the following times:
•2:30-4:30 p.m., June 27, TAMC;
•noon-1 p.m., June 30, SB Tropics (18 and over only);
•11 a.m.-3 p.m., July 1, SB Main Exchange, with bodybuilding champion CT Fletcher; and
•6:30-8:30 p.m., July 1, Martinez Gym.
Call 655-5698 (TAMC/Tropics) or 655-0900 (Martinez Gym).

30 / Monday

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

July

1 / Tuesday

Youth Flag Football — Registration for the Army Hawaii Sports and Fitness Flag Football & Cheerleading Program is open now, through July 31, to youth born between 1998-2009. Cost is \$55 for flag football and cheerleading, or \$20 for cheerleading if your child already has a uniform. The season will run Oct. 25-Dec. 20.

Feathered Friends — Learn about tropical birds when “Bird Guy” Bruce McGonigal brings a dozen of his feathered friends to the FS library, July 1, and Sgt. Yano Library (SB), July 3. A great photo opportunity, the free event will be held at 3-3:45 p.m. both days. Call 438-9521 (FS) or 655-8002 (SB).

Golf Sale — Nagorski’s Pro Shop (FS) holds its annual summer sale, now until July 7. All items \$20 or more

RETIRING OLD GLORY



Photos courtesy Island Palm Communities

SCHOFIELD BARRACKS — Island Palm Communities, in partnership with the 25th Infantry Division and Sgt. Audie Murphy Association, held an American Flag Retirement Ceremony, here, June 21, during which Boy Scouts, Girl Scouts and families learned the history and meaning of the American flag.

“We truly appreciate IPC and everyone involved for having this event for the kids,” said parent Joanna Moreno. “It’s important they learn about the American flag and the etiquette in handling and flying it.”



will be 20 percent off. Sale does not apply to special orders. Also, July 1-Aug. 31, receive one Junior Golf for free with one Adult Green fee. Cart fee not included. Call 438-9484.

\$2 Bowling Special — FS Bowl offers a “\$2 Bowling Special,” 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other promotions, holidays, specials, reservations or groups. Shoe rental not included. Call 438-6733.

Bowling Sale — All youths ages 17 years and younger receive one free game for every game purchased at FS Bowl between noon-4 p.m., Monday-Friday, during the months of July and August.

Free games must be bowled on the day of purchased game and will only be offered provided lanes are available. Special cannot be combined with any other offer and does not apply to group or party reservations. Shoe rental not included. Call 438-6733.

Military Summer Specials — Visit your Leisure Travel Services office during the month of July for specials on a 5-Star Dinner Cruise, Legends in Concert and Kauai Zip Line. Call 438-1985 (FS) or 655-9971 (SB).

2 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every

Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130. Attend these meetings:
•North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

3 / Thursday

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every

See FMWR Briefs, B-4

4 / Friday

Freedom Run — The Epilepsy Foundation of Hawaii (EFH) holds its annual Freedom Run at Kailua High School, beginning at 7 a.m. Choose from a timed 5K or 10K run, or a 1-mile walk that welcomes wheelchairs, strollers and leashed pets. Awards and other fun activities to follow. All proceeds collected go to EFH programs and services. Call 528-3058 or visit www.epilepsyhawaii.org.

5K Run — Marine Corps Base Hawaii, Kaneohe Bay, hosts the Runway Run 5K, 7 a.m. Participants will have the rare opportunity to run the runway in this family-friendly event, open to the public. Visit www.mccs.hawaii.com/races.

19 / Saturday

Hula Festival — The public is invited to a fun-filled day of dance, food and festivities under the shady monkeypod trees of Moanalua Gardens during the 37th annual Prince Lot Hula Festival, 9 a.m.-4 p.m. This year’s theme is “Kila Kila O Moanalua ... Majestic is Moanalua.” The largest noncompetitive hula event in Hawaii, the festival is held each year to honor Prince Lot Kapuaiwa, who reprised the once-forbidden hula in the district of Moanalua. Call 839-5334 or visit www.moanalua.gardensfoundation.org.

20 / Sunday

Fun Walk — Join the Menehune Marchers Walking/Volksport Club

on a 5K or 10K walk at Ho’omaluhia Botanical Garden, 45-680 Luluku Road, Kaneohe. Participants may start anytime between 9-11 a.m., July 20, from Kahua Nui Pavilion, and must finish by 1 p.m. Call Carol at 626-3575 for more details, or visit www2.ava.org.

Ongoing

Free Concerts — The historic Royal Hawaiian Band performs free public concerts, noon, every Friday of the month on the grounds of Iolani Palace.

Volunteers Wanted — Waimea Valley seeks volunteer groups to help complete the Kauhale Restoration Project. Call 638-5855.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Go Akamai — Commuters can check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services. Travelers are encouraged to check the website before leaving work or home.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Commissary — The Healthy Lifestyle Festival/Farmers Market will be held 9 a.m.-5 p.m., June 27, and 8 a.m.-4 p.m., June 28-29, in the Commissary parking lot area.

Cemetery Pupu Theater — Enjoy a unique dinner theater experience at Oahu Cemetery (2162 Nuuanu Ave., Honolulu), where history comes alive for the evening. Titled “For the Sake of Public Health,” this new, original outdoor play focuses on medicine and health in 19th century Hawaii.

Performances are at 6 p.m., June 27-28; doors open at 5 p.m. Tickets cost \$45 per person and include two complimentary drink tickets. Visit www.missionhouses.org.

28 / Saturday

Sports Festival — The fourth annual ESPN 1420 Sports Festival returns to the Neal Blaisdell Center Exhibition Hall, from 9 a.m.-4 p.m. This free, family-oriented event will feature exhibitor booths by sports, health and fitness industry stakeholders, along with hands-on activities and demos from local

sports clubs and athletic organizations, including boxing, martial arts, baseball, basketball, BMX cycling, golf, rock climbing, USTA tennis, Zumba and more. Additional activities include a celebrity autograph session, Dorae-mon Zone, Spartan Race obstacle course and kendama tournament. Call 534-7118 or visit www.espn1420.sportsfestival.com.

Pet Contest — Participate in the SB Main Exchange 2014 Pet Gala, 10 a.m.-noon. For more details, call 423-7694.

Coffee Fest — FarmLovers Farmers’ Markets holds a celebration of all things coffee at its Kaka’ako Farmers’ Market (Ward Warehouse, Honolulu), 8 a.m.-noon. Admission and parking are free. Call 388-9696 or visit alamoanafarmersmarket.com.

July

1 / Tuesday

Summer Closure — The FS Thrift Shop will be closed for summer break, July 1-18. It reopens July 22. Donations will still be accepted in its shed near the front entrance of the shop.

3 / Thursday

Commissary Parking — The parking lot at the Schofield Commissary will close at 9:30 p.m. to set up staging for the 43rd annual 4th of July Spectacular.

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
- 8:45 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 10:45 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Blended

(PG-13)
Fri., June 27, 7 p.m.
Sun., June 29, 2 p.m.

Million Dollar Arm

(PG)
Sat., June 28, 2 p.m.



Godzilla 2014

(PG-13)
Sat., June 28, 6 p.m.
Thurs., July 3, 7 p.m.

Rio 2

(G)
Thurs., July 3, 5 p.m.
(\$2 matinee)

No shows on Mondays, Tuesdays or Wednesdays.

Summer’s a swimsuit shopping ordeal

Ah, summer is officially here!

This balmiest of seasons evokes sunny scenes of kids running through sprinklers, smoky whiffs of charcoal grills, soft sensations of waves lapping bared toes and sweet sounds of crickets on steamy, starlit nights.

Who doesn’t love summer and all that comes with it, right?

But, hold up a minute. Believe it or not, summertime is not all popsicles and dandelions. Actually, this beloved season heralds an annual occurrence that strikes dread in the hearts of military wives like me.



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

we women are expected to abruptly strip down and let it all hang out.

Social morays dictate that at the beach or pool, I should don an itsy-bitsy garment that exposes everything but my naughty bits. However, after birthing three large babies and two decades of yo-yo dieting, my abdomen has more rolls than a Mega Pack of Cottonelle. Bikinis are entirely out of the

And then comes the moment that every woman on earth dreads ... shocked by what I see in the dressing room mirror.



Photo via Retronaut

Oh, the horrors of bathing suit shopping!

No, I’m not talking about relatively innocuous summer pests like blood-sucking mosquitoes. I’m not referring to comparatively harmless nuisances, such as hairdowrecking humidity. I’m not even referencing the reasonably annoying obligation of vacationing with relatives.

I’m talking about — brace yourselves ladies — bathing suit shopping.

After nine months of covering our delicate and sometimes ample flesh with layers of protective clothing and binding spandex,

question.

Thus, every year at this time, I am on a quest to find a new one-piece bathing suit for the summer season that lifts, separates, covers and conceals.

Of course, these suits are usually the skirted kind worn by retirees with bunions and flowered swim caps who play bridge on Tuesdays and use denture cream coupons at the commissary.

So, I hit the exchange, grabbed an as-

sortment of bathing suits with a combination of style and function, and headed for the dressing room.

Ah, the dressing room. That bastion of garish, fluorescent lighting and fun house mirrors, where women come to hate themselves. I hang the bathing suits on the hook and begin to undress.

Considering that it is federal law (or maybe just a local ordinance, either way, I’m fairly certain you can get arrested for violating it), one must wear underwear when trying on bathing suits in the store dressing room, despite the fact that it is next to impossible to fully appreciate a bathing suit when one is wearing it over a pair of humongous cotton briefs like mine.

And then comes the moment that every woman on earth dreads. Under the unforgiving fluorescent lights, I face the mirror, stripped down to nothing but my large Jockeys for Her.

No matter that I undress at home everyday of my life, I am always shocked by what I see in the dressing room mirror.

Gasp.

What!? Why is that so spongy? Is that a dent in my thigh? When did those get down there? Is that wiggling? Is that hanging over? Seriously? Good Lord!

Traumatized, I contemplate giving up on buying a new bathing suit, but always persevere when I remember that my suit from last year always gives me a wedgie.

One after the other, I squirm and wiggle my way into those little Lycra instruments of torture, hoping to find one that does not trigger my gag reflex.

Three suits accentuated my paunch. Another highlighted my back fat. A tummy-control suit nearly ruptured my spleen. One showed my armpit chicken fat. Another gave me “old lady cleavage.” And one had underwire that I feared might puncture my lung.

Finally, I found an ultra supportive suit that was both flattering and had the added bonus of allowing me to breathe by taking frequent shallow gasps.

Eventually, I emerged from the dressing room, battered, broken, but not defeated.

With my last morsel of humility, I tossed the chosen suit to the cashier, relieved that I had found an appropriate garment to enjoy the splash of the surf, the smell of cut grass and the rejuvenating warmth of summer.

My bathing suit shopping ordeal is finally over and I survived ... at least until next year.

(A 20-year military spouse, Molinari’s column appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



CONTINUED FROM B-2

Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

4 / Friday

4th of July Spectacular — FMWR pays tribute to the brave men and women in our armed forces by sponsoring the 43rd annual 4th of July Spectacular, 10 a.m.-9 p.m., at SB Weyand Field.

Military members and their families, retirees and DOD ID cardholders are invited to a fun-filled day of games, keiki rides, crafts, food and live entertainment featuring O.N.E. Nation, Willie K and headlining band Third Eye Blind.

Show off your skills in the kendama tournament or enter to win a new 2014 car, sponsored by Tony Group AutoPlex.

Call 655-0113/0115 or visit www.himwr.com.

Richardson Pool Parking — The SB Richardson Pool parking lot will be closed for the 4th of July Spectacular event. Craft vendors will be allowed to set up until 9:45 a.m. Guests wishing to use the pool are asked to walk or park at designated lots. Hours of operation will be 10 a.m.-3 p.m.; normal fees apply.

Arts & Crafts Turnaround — Personnel may use the SB Arts & Crafts Center parking lot to park and set up items on the 4th of July Spectacular parade fields until 9:45 a.m. No entry will be allowed after.

5 / Saturday

Learn to Swim — Enroll your keiki in FMWR swim lessons this summer. Registration is 9:30 a.m.-noon, July 5-6, at Richardson Pool; classes are July 14-24.

All children must be registered with CYS Services prior to swim sign-up.

Classes cost \$60 for eight 30-minute sessions and \$75 for eight 45-minute sessions. Visit www.himwr.com/cyss-welcome-age/item/1325-learn-to-swim-2014 for additional classes and registration dates. Call 655-9698.

12 / Saturday

“Read to Me” — Summer program is underway for children up to age 5, now through July 12 for rewards program portion. Contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Summer Reading Club — “Paws to Read!” for children (ages 6-12), teens (ages 12-18) and adults (18 and older) is underway now, through July 12. Read one book a week and receive an award, while supplies last. Contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

13 / Sunday

World Cup — Watch the FIFA World Cup final match on a 16-foot blow-up screen with surround sound at SB Tropics, 9 a.m.-1 p.m. All ID cardholders ages 18 and older are welcome. Call 655-5698.

Commissaries support ‘Feds Feed Families’ initiative

Donations help food banks

JESSICA ROUSE
Defense Commissary Agency

FORT LEE, Va. — Commissary employees and customers are working together again this year to collect donations for the “Feds Feed Families” campaign.

The campaign, which began June 1 and runs through the end of August, collects much-needed items for local food banks.

Customers and employees can donate non-perishable food and personal hygiene items to the campaign using marked bins located at the



File photo

Nonperishable items, like canned meats, fruits and veggies, are in high demand at food banks.

entries or exits of participating commissaries.

“Contributing to the communities that surround our stores is important to the commissaries,” said Vicki Archileti, executive director of Infrastructure Support, Defense Commissary Agency. “Times are still tough for a lot of families, and with commissaries and our patrons working together, we hope to lessen that burden.”

Last year, commissaries collected almost 740,000 pounds, or 39 percent of the Department of Defense’s total, of items for local food banks. In 2013, DOD collected more than 1.9 million pounds, and donations from the entire federal government totaled 9 million pounds.

Commissaries will again serve as collection points for the campaign. Once the items have been collected, the installation will pick up the items and deliver them to a local food bank. Also, some commissaries are also selling prepackaged donations packages, which allow customers to purchase bags and then drop them in the collection bins before leaving the store.

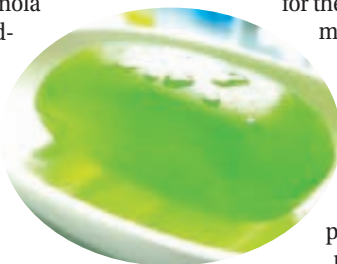


feds feed families

Items Needed

The most-needed items for donations include the following:

- Canned vegetables, which are low sodium, no salt;
- Canned fruits, in light syrup or its own juices;
- Canned proteins, such as tuna, salmon, chicken, peanut butter and beans;
- Soups like beef stew, chili, chicken noodle, turkey or rice;
- Condiments such as tomato-based sauces, light soy sauce, ketchup, mustard and salad dressing or oils;
- Snacks like individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers;
- Multigrain cereal;
- 100 percent juice in all sizes, including juice boxes;
- Grains such as brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese;
- Paper products and household items like paper towels, napkins, cleaning



File photo

Soap, deodorants and shampoo are excellent donation items.

Stay Connected

Visit the Defense Commissary Agency for the latest news, to find a store near you, to see what’s on sale, to create a shopping list, to learn of food and product recalls, to scan employment opportunities and to submit a customer comment form online through DeCA’s “Your Action Line” and more at www.commissaries.com.



supplies; and

- Hygiene items such as diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo.

Although no goals have been established for the 2014 campaign, the commissaries are confident that with the help of their patrons and employees the 2013 totals will be exceeded.

“For the last three years, our patrons and employees have never failed to make this campaign a success,” said Archileti. “We are looking forward to another great campaign year.”

Shopping the Hawaii Exchange pays dividends to local FMWR

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

All military and their families shopping and dining at Army & Air Force Exchange Service stores and restaurants in Hawaii Exchange (at Schofield Barracks and Joint Base Pearl Harbor-Hickam) generated more than \$1.3 million last year for Army and \$2.3 million for Air Force quality of life programs.

Over the past 10 years, the Exchange has provided more than \$2.4 billion in dividends to military programs, including Better Opportunities for Single Soldiers (BOSS), Hickam Harbor Marina, outdoor recreation and Mamala Bay Golf Course.

“Roughly two-thirds of Exchange earnings are paid to the services’ Morale, Welfare and Recreation programs, while the other third is used to build new stores or renovate facilities,” said Hawaii Exchange general manager Floyd



File photo

Customers who shop at the Schofield Barracks Exchange helped generate more than \$1.3 million last year for Army programs.

Wynn. “For example, in 2013, we built a brand-new Starbucks located at Tripler Army (Medical Center).”

The Exchange’s mission of providing quality goods and services at competitively low prices, while generating earnings to support quality of life efforts, means that the Exchange benefit is more than finding a good price on merchandise. This structure ensures that shoppers who take advantage of their benefit at the Hawaii Exchange or online at www.shopmyexchange.com are working to improve their communities.

“When customers shop and dine at the Exchange, they are investing in their own community, making it a better place to live and work,” said Denise Stanley, Hickam main store manager. “One hundred percent of Exchange earnings serve military and their families.”

The Army & Air Force Exchange Service is a

More Online

To find out more about Exchange history and mission, visit www.shopmyexchange.com.



joint nonappropriated fund instrumentality of the Department of Defense and is directed by a board of directors, which is responsible to the secretaries of the Army and the Air Force through the Service Chiefs of Staff.

The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating nonappropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs.

Sun-worshippers, shield your skin!

LT. COL. KARI BRULEY
Army News Service

Attention sunbathers, golfers and outdoor enthusiasts!
Skin cancer is the most common form of cancer in the U.S., with more than 3.5 million cases diagnosed annually.
Ninety percent of all skin cancer diagnoses are associated with sun exposure. If you think your risk for developing skin cancer is low, the fact that one in five Americans is diagnosed in their lifetime may prompt you to better care for your own skin and that of your family members.
You and your family can still enjoy the great outdoors this summer while protecting yourselves from excess risks associated with sun exposure if you simply take a few precautions. These precautions are extremely important at the beach and swimming pools since water and sand are known to reflect up to 80 percent of the sun’s rays, which elevates your overall sun exposure.



File photos

With a few precautions, you and your family can still enjoy the great outdoors this summer while protecting yourselves from excess risks associated with sun exposure.

mend avoiding UV tanning booths, examining your skin once per month and seeing a physician once per year for a professional skin evaluation.

During the monthly self-exam, you should look for spots or sores that itch, hurt, scab or bleed; an open sore that does not heal within two weeks; and a skin growth, mole, brown spot or beauty mark that changes in color or texture, increases in size or thickness, is asymmetrical or irregular in border, is larger than 6 millimeter (size of a pencil eraser), or appears after age 21.

Reducing your risk of skin cancer should become a matter of habit, part of your daily routine.

Modeling the actions listed above demonstrates a gift of prevention that you can extend to family and friends for a lifetime.

(Editor’s note: Bruley is an Army Public Health Nurse at U.S. Army Public Health Command.)

Precautions
Give attention to the following tips.
•Wear clothing that covers skin, to include wearing a wide-brimmed hat and sunglasses that advertise ultraviolet radiation protection.
•Wear protective clothing that contains a UV Protection Factor of 30 or greater. A UPF 30 garment allows 1/30th of the sun’s UV radiation to penetrate the cloth.
•Spend periodic time under a UPF umbrella.
•Take advantage of shaded areas, when possible, particularly between 10 a.m. and 4 p.m. when the sun is the most intense. On overcast days, 70-80 percent of UV rays penetrate through the clouds.

Sunscreen
Here are some tips for using plenty of sunscreen.
•Choose a broad-spectrum sunscreen (UVA/UVB).
•Choose a brand that’s water-resistant.
•Select a sunscreen with a Sun Protection Factor 30 or higher because SPF 30 provides protection from 97 percent of UVB rays.
•Apply it to the entire body — before you put on a bathing suit — to ensure full coverage, at least 30 minutes before sun exposure.
•Re-apply every two hours or immediately after swimming, toweling off, or excessive sweating.
•Sunscreen is recommended for use on infants who are six months or older.

Remember
Proper and routine sunscreen use helps prevent sunburn, reduces skin cancer risk and prevents early signs of skin aging.
In addition to sun exposure protection, the American Cancer Society and the Skin Cancer Foundation recom-

Services train in Tropic Care 2014

Exercise emphasizes joint teamwork

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity –
Hawaii News Bureau

KAUAI, Hawaii — Active duty, National Guard and Reserve service members provided health care to Kauai local community members during Tropic Care 2014, which started June 16 as part of a 10-daylong joint exercise.
Tropic Care, an Innovative Readiness Training (IRT) exercise, is designed to provide those participating the opportunity to work in a joint-services and combined civil-military environment while delivering world-class health care to the community.

Col. Susan Fitzgerald, 804th Medical Brigade, and officer in charge of Tropic Care 2014, explained the overall mission of the exercise.

“It allows us to train together with our sister services — Army, Navy, Air Force, Marine Corps and Hawaii National Guard — as well as our civilian counterparts to train in an environment where we have the opportunity to learn from each other, learn from each others’ equipment and language, in a non-critical situation, while at the same time to promote health care to the people of Kauai,” Fitzgerald said.

Service members conducted physical, medical and dental exams during the exercise at three static clinics and one mobile clinic, but the real training started before the patients arrive.

“The benefit is actually not in the providing of the medical, dental and optometry care, because (these service members) do that all the time, and they are experts in providing care,” said Brig. Gen. Daniel Dire, deputy commander, 3rd Medical Command.

“The training is actually in the movement of personnel, equipment and medical supplies in order to conduct the mission just as they would have to do if they were

deployed to a combat theater.”
Dire compared the setup of these static and mobile clinics as a means to practice for other real-world contingencies.
“The IRT mission is an opportunity for our reserve component Soldiers to practice their wartime mission,” Dire said. “That’s to deploy

“We get to learn a lot about how the Air Force and Navy run things,” Reyes said. “It’s a big learning curve, but we’re adjusting.”
During the exercise, patients are able to have health concerns identified, teeth extracted and examined, and glasses prescriptions filled.



Sgt. Kyle Baylis (left), dental lab technician, and Maj. (Dr.) Anna Lichelle Aldana (right), comprehensive dentist, both with the 455th Dental Co., provide dental care for a member of the Kauai local community during Tropic Care 2014 at the Eleele Elementary School, June 20.

outside of their home of record, transport all of their equipment and medical supplies, and to conduct a real-world mission.”
Navy Capt. Stephen Lee, 24th Dental Company, 4th Dental Battalion, described challenges he faced.
“(Medical equipment) can get fairly hot in this humid environment, so it allows us to sometimes troubleshoot the equipment,” Lee said.
“We’re not in a hard motored building like we normally would be, but that’s good training for us,” Lee added.
Adjusting to different procedures in a joint environment has challenged service members to operate as one cohesive unit.
“We have a great team here,” said Sgt. 1st Class Marcela Reyes, 455th Medical Company Dental Services dental assistant.

The Tropic Care 2014 Naval Ophthalmic Support Training Activity team have fabricated 250 to 300 pairs of glasses a day to help fulfill the local communities’ health care needs.
Navy Hospital Corpsman 3rd Class Richelle Lodholtz, Expeditionary Medical Facility Great Lakes, said there is a lot to take away from Tropic Care 2014.
“The joint environment gives the service members a chance to interact and see how we all do things a little bit differently,” Lodholtz explained.
“This is fabulous training for everyone involved,” Lodholtz added. “I’m putting this as another notch in the belt and as more training.”
“It’s been a seamless integration,” Lee added. “You couldn’t tell if you took off a uniform who was in the Navy, Air Force, Army or Marines. It’s just seamless.”

Sleep is essential

CHRISTINE FUKUI
Tripler Army Medical Center

Sleep is important, not only because it is part of the Army’s Performance Triad, which focuses on getting adequate levels of sleep, nutrition and exercise, but also because it’s essential for optimum function and health.

During sleep, learning is consolidated and memories are made.

We also know now that toxic waste products produced by the brain while we’re awake are removed during sleep. Some of these, like beta amyloid, have been associated with Alzheimer’s dementia.

Unfortunately, national surveys show that many Americans sleep fewer than seven hours daily. The highest rate is in Hawaii at 45 percent. It should be everyone’s goal, however, to obtain eight hours of sleep nightly.

What if you have insomnia, with difficulty falling and/or staying asleep? What if you awaken too early, or if your sleep does not leave you refreshed?

Insomnia is the most common sleep complaint and can be caused by other sleep problems, like obstructive sleep apnea and restless leg syndrome. It also can be due to pain,

anxiety and depression.

Sometimes, acute insomnia caused by an isolated event — stress, jet lag, changes in work or relationships — becomes “learned” and chronic.

There are some simple things that you can do to help you sleep well:

First, keep your bedroom dark, quiet and cool.

Keep a regular wake time, even on days off and during the weekend.

Go to bed only when you are sleepy. If you are unable to fall asleep within 20 minutes, leave the bedroom and do something quiet. Reading is good.

Use the bedroom only for sleep and sex, not for watching TV, playing games or using the computer. These activities expose your eyes to light, which is the most potent stimulus in keeping you awake.

Don’t nap during the day, especially late in the afternoon.

Have a relaxing ritual before sleep, like taking a warm bath, eating a light snack or reading for a short time.

Exercise regularly; do vigorous exercise in the morning and mild exercise at least four hours prior to sleep, as exercise can keep you awake.

Try to keep a regular schedule for meals, medication and work to keep



Courtesy photo

Sleep does not feel restful when someone sleeps in a lighted room, on an uncomfortable cot, with a large dog.

your brain’s inner clock running smoothly.

Avoid large meals before bedtime, and avoid caffeine within six hours of bedtime. Remember, caffeine is in tea, soda, energy drinks, some medicines, cocoa and chocolate, in addition to coffee.

Don’t use alcohol to help you sleep. While you may fall asleep

more quickly, alcohol affects sleep quality and causes more awakening during the night.

Avoid tobacco close to bedtime and during the night, as it will keep you awake.

Use sleeping pills sparingly.

If you still are having problems sleeping, see your physician so the cause can be investigated. You can

be referred to a group class at the Tripler Army Medical Center’s Psychology Department, a multi-week class employing Cognitive Behavioral Therapy (CBT-i), where you may be helped with stress reduction, relaxation and other methods, like sleep restriction.

(Editor’s note: Fukui is a sleep physician.)

Performance Triad moves into Week 4; 22 weeks remain

U.S. ARMY GARRISON-HAWAII
Public Affairs

The health challenge designed for adults called the Performance Triad is in Week 4. Military, their family members and retirees can enhance their overall health through sleep, activity and nutrition, all vital components to healthy living.

For the next 22 weeks, participants are asked to think about what could keep them from

reaching their goals and how they can overcome these barriers when other responsibilities compete for their time and energy.

Sleep, Activity and Nutrition Goals

Local physical fitness centers (PFCs) and medical treatment facilities (MTFs) are a great resource to help you with your goals. Stop by either to learn about the services they provide to beneficiaries.

Here are some topics to discover: sleep education, weight management and metabolic

testing, exercise testing and exercise prescription, stress management education and biofeedback, nutrition education, wellness coaching, body composition analysis and health assessments.

Check your MTF for a nutrition clinic, which accepts self-referrals for nutrition counseling. Ask your primary care provider for a referral to

a registered dietician nutritionist.

A nutritionist is especially needed if you have a pre-existing medical condition, such as diabetes, elevated cholesterol, high blood pressure or any condition that limits your food choices.

(Editor’s note: Information has been pulled from Army Medical Command’s challenge.)

More Online
For more ideas, visit www.choosemyplate.gov/healthy-eating-tips/ten-tips.html.
Learn more about the triad at <http://ArmyMedicine.mil>.

